



the *Activity* guide  
*your guide to staying active in Maricopa*





**Registration:**  
**November 1 through December 9**

**winter / spring 2011**

Catalog Codes & Help Guide	AG2
Programs:	
Art & Music	AG7
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General Interest	AG7
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## Age-appropriate icons

help you find the programs and classes that are age relevant and may be suitable for you and your family:

-  May be suitable for children ages 1-5.
-  May be suitable for children ages 6-12.
-  May be suitable for teens ages 13-17.
-  May be suitable for older teens and adults ages 18+.

**Where's my class?** Here's a reference guide to help you better identify where our programs are located:

AKSC = Aspire Kids Sports Center  
 ATA = ATA Karate Studio  
 CAC = Central Arizona College  
 CC = Coyotes Center  
 CH - City Hall  
 DK = Duke Golf Course  
 DSPA = Desert Sun Performing Arts  
 MCC = Maricopa Chamber of Commerce  
 MDA = Maricopa Dance Academy  
 MES = Maricopa Elementary School  
 MM = Maricopa Manor Business Center  
 MPL = Maricopa Public Library  
 MULT = Multiple locations  
 PMB = Pima Butte Elementary School  
 PP = Pacana Park  
 PW = Public Works  
 PWY = Pathway Preparatory Academy  
 SB = Saddleback Elementary School  
 SSM = Stage Stop Marketplace  
 SRES = Santa Rosa Elementary School  
 TBD = To be determined

## How to read the catalog

correctly is important in selecting the programs that interest you and works with your schedule. Here's what you should expect to find in the program schedule line: Session, Age Requirement, Cost of Class, Day(s) of the Week, Date Range, Class Time and Location Code.

# SPORTS, HEALTH & FITNESS

## Adult Tennis - Level 1:



Novice students will learn basic strokes, strategies and rules of the game in order to become proficient for match play.

S1 18+ \$42 Su 2/6-3/13 4:30-5:30PM PP  
 S1 18+ \$42 Su 2/6-3/13 5:45-6:45PM PP  
 S2 18+ \$42 Su 3/20-4/24 4:30-5:30PM PP  
 S2 18+ \$42 Su 3/20-4/24 5:45-6:45PM PP

## Adult Tennis - Level 2:



Experienced players will learn new shots to improve their game and overall footwork, such as approach shots, volley and overhead.

S1 18+ \$42 Th 2/3-3/3 8:30-9:30AM PP  
 S1 18+ \$42 W 2/2-3/9 7-8PM PP  
 S2 18+ \$42 Th 3/24-4/28 8:30-9:30AM PP  
 S2 18+ \$42 W 3/23-4/27 7-8PM PP

## Advanced Pilates:



This class offers full body strengthening and development of your core muscles. The first ten minutes you will be immersed into the breathing techniques and proper alignment of the body. Following, beginner through intermediate exercises will focus and develop the abdominal, buttocks, legs, and upper body. Class will finishing up with deep cool down stretches for a complete relaxation of the body. Please bring a yoga mat and water.

S1 16+ \$36 MW 1/10-1/26 7:45-8:30PM TBD  
 S1 16+ \$18 S 1/15-1/29 9:15-10AM TBD  
 S2 16+ \$48 MW 2/7-3/2 7:45-8:30PM TBD  
 S2 16+ \$24 S 2/12-3/5 9:15-10AM TBD  
 S3 16+ \$48 MW 4/4-4/27 7:45-8:30PM TBD  
 S3 16+ \$24 S 4/9-4/30 9:15-10AM TBD

## Cardio Kickboxing:



If you are looking for a high-intensity workout that will increase your strength and flexibility while burning fat, try 45 minutes of cardio-kickboxing. With over four years of martial arts and cardio-kickboxing training the instructor uses a combination of kicks, punches, jabs and self defense moves that will keep your body moving. The class starts with a 5 minute stretch and then moves into full blown body workout and finishes off with a five minute cool down. Bring your water, tennis shoes and a towel and prepare your body for the burn fat zone!

16+ \$18 M 1/10-1/24 6:30-7:15PM TBD  
 16+ \$18 W 1/12-1/26 6:30-7:15PM TBD  
 16+ \$24 M 1/31-2/21 6:30-7:15PM TBD  
 16+ \$24 W 2/2-2/23 6:30-7:15PM TBD  
 16+ \$24 M 4/4-4/25 6:30-7:15PM TBD  
 16+ \$24 W 4/6-4/27 6:30-7:15PM TBD

## Co-Ed Golf:



We will work on short game, iron game, driving and putting. On the last day we will be discussing playing rules and proper golf etiquette. Range balls are included.

S1 17+ \$80 Th 1/13-2/17 5-6:00PM DK  
 S2 17+ \$80 Th 3/3-4/14 5-6:30PM DK

## Evening Balance Yoga:



This class is for all levels. Focus is on form, technique and breath; the class will also focus on building balance, flexibility and strength through simple postures as well as fluid movement exercises.

S1 16+ \$55 W 1/12-2/23 6:30-7:30PM TBD  
 S2 16+ \$55 W 3/2-4/20 6:30-7:30PM TBD

## Fit & Learn:



An active approach to early learning. Bring your child to learn ABC's, 123's, calendar, colors and shapes while using sports and fitness to learn.

3-4 \$43 M 1/10-1/24 9-11AM SSM  
 3-4 \$85 MW 1/10-1/26 9-11AM SSM  
 3-4 \$43 W 1/12-1/26 9-11AM SSM  
 3-4 \$53 M 1/31-2/21 9-11AM SSM  
 3-4 \$85 MW 1/31-2/23 9-11AM SSM  
 3-4 \$53 W 2/2-2/23 9-11AM SSM  
 3-4 \$53 M 2/28-3/28 9-11AM SSM  
 3-4 \$85 MW 2/28-3/30 9-11AM SSM  
 3-4 \$53 W 3/2-3/30 9-11AM SSM  
 3-4 \$53 M 4/4-4/25 9-11AM SSM  
 3-4 \$85 MW 4/4-4/27 9-11AM SSM  
 3-4 \$53 W 4/6-4/27 9-11AM SSM

## Fit4Baby:



Fit4Baby is an exclusive prenatal fitness program that offers a total body interval workout including strength training, cardio and flexibility. During class, exercises will be adjusted to accommodate clients' various stages of pregnancy, and further education.

S1 18-60 \$48 M 1/10-2/14 6:30-7:30PM TBD  
 S2 18-60 \$48 M 3/7-4/18 6:30-7:30PM TBD

**Flying Crane Chi-Kung:**

Chi-Kung is a movement system based on an ancient Taoist theory that there is an inherent order to nature and by tuning in to this order we can improve the quality of life. The ancient Chinese referred to the movements of Chi-King as life-maintaining techniques. The Chi in Chi-King is a subtle energy that we can manipulate through various movements to make our bodies healthy and more enduring.

\$56 12+ M 1/10-2/16 9-10AM TBD  
\$56 12+ W 1/12-2/16 9-10AM TBD

**Hockey Tot:**

Skaters age 3 to 6 will learn basic hockey skating techniques. Students are required to wear a hockey helmet and hockey gloves are recommended (not included in the fee). Please note: this class will be held at the Coyote Center and you have to provide your own transportation.

S1 3-6 \$70 S 1/15-2/19 10:35-11:05AM CC  
S2 3-6 \$70 S 3/5-4/16 10:35-11:05AM CC

**Ice Skating:**

This curriculum is designed for the beginner

skater. it promotes physical fitness, balance and coordination while learning proper skating techniques. Although divided into levels, the skater will progress at an individual rate while being challenged and motivated. Skate rental included. Please note: this class will be held at the Coyote Center and you have to provide your own transportation.

S1 13-17 \$70 S 1/15-2/19 11:45AM-12:15PM CC  
S1 18+ \$70 S 1/15-2/19 11:45AM-12:15PM CC  
S2 13-17 \$70 S 3/5-4/16 11:45AM-12:15PM CC  
S2 18+ \$70 S 3/5-4/16 11:45AM-12:15PM CC

**Intro to Relaxation and Meditation:**

The class will teach you how to prepare both the body and the mind for relaxation and meditation which have a wide range of health benefits. You will learn simple stretches to help remove tension from the physical body. The class will cover basic breathing techniques to help calm the body and mind. Finally, you will learn different meditation techniques which will help focus the mind to improve concentration and reduce stress. Please bring a cushion or pillow to sit on in class.

S1 16+ \$24 F 1/14-1/28 6:15-7PM TBD  
S2 16+ \$24 F 2/4-2/18 6:15-7PM TBD

## REGISTER ONLINE: MARICOPA-AZ.GOV

**Jr. Golf:**

The Jr. clinics will consist of seven lessons. We will work on short game, iron game, driving and putting. On the last day we will be discussing playing rules and proper golf etiquette. Range balls are included.

S1 10-16 \$60 M 1/10-2/14 5-6PM DK  
S1 5-9 \$60 T 1/11-2/15 5-6PM DK  
S2 10-16 \$60 M 2/28-4/11 5:30-6:30PM DK  
S2 5-9 \$60 T 3/1-4/12 5:30-6:30PM DK

**Karate for Kids & Adults:**

Young children, kids, teens and adults learn Taekwondo with several nationally certified Black Belt instructors. You've seen our demos for years, now come be a part of the only dedicated karate studio facility in the city. Maricopa Black Belt Academy is now in its sixth consecutive year of offering classes through the City of Maricopa. Students enjoy physical and mental strengthening through a variety of disciplined exercises, weapons training, board breaking, leadership development, and competition preparation. Attend up to two classes a week per below

**Youth Soccer**

Ages: 4-5, 6-7, 8-9, 10-12, 13-16  
Registration: January 4 through February 11  
Season: March 26 through May 14  
Cost: \$45 per child

**Youth Basketball**

Ages: 4-5, 6-7, 8-9, 10-12, 13-16  
Registration: October 18 through December 3  
Season: January 29 through March 12  
Cost: \$45 per child

**Adult Flag Football**

Ages: 18+  
Registration: November 1 through December 17  
Season: January 16  
Cost: \$400 per team



# SPORTS CALENDAR

**Adult Softball**

Ages: 18+  
Mens, Co-ed  
Registration: November 1 through December 17  
Season: January 16  
Cost: \$425 per team

**Bat Buster Softball Tournament**

January 8 & 9  
Ages: 18+  
Registration on site  
Cost: \$280 per team

For more information, contact  
Community Services at 520/316.6962



schedule.

*New/White, Orange or Yellow Belts Only*

S1 5+ \$59 MW 1/10-2/23 5:45-6:25PM ATA

S1 5+ \$59 MW 1/10-2/23 4:15-4:55PM ATA

S1 5+ \$59 TTh 1/11-2/24 5-5:40PM ATA

S1 5+ \$59 TTh 1/11-2/24 6:30-7:15PM ATA

S2 5+ \$59 MW 2/28-4/20 5:45-6:25PM ATA

S2 5+ \$59 MW 2/28-4/20 4:15-4:55PM ATA

S2 5+ \$59 TTh 3/1-4/21 5-5:40PM ATA

S2 5+ \$59 TTh 3/1-4/21 6:30-7:15PM ATA

## Learn Eating Awareness Nutrition

(L.E.A.N.):



This is a lifestyle weight management program designed to help you achieve a balanced body and mind. It is based on a very positive, empowering approach to health. Using behavior and cognitive modification, stress reduction and social support, clients discover how to take the power out of food and get off the diet cycle for life. L.E.A.N. will also teach you how to be a positive role model for your children. Book is included.

18+ \$120 T 1/11-2/22 7-8:30PM TBD

## Pilates (All Levels):



This class is for anyone who wants to lose inches, build muscle, increase endurance and strength. Pilates is a total body conditioning program and a great cardiovascular workout. The focus is on developing core muscle groups which include the abdomen, lower back and buttocks. We will also focus on deep, coordinated breathing and quality poses. Nutrition tips available. Bring a Pilates mat, water and wear comfortable clothing.

16+ \$24 T 1/11-1/25 7-7:45PM TBD

16+ \$24 Th 1/13-1/27 7-7:45PM TBD

16+ \$32 T 2/1-2/22 7-7:45PM TBD

16+ \$32 Th 2/3-2/24 7-7:45PM TBD

16+ \$32 T 3/1-3/29 7-7:45PM TBD

16+ \$32 Th 3/3-3/31 7-7:45PM TBD

16+ \$24 T 4/5-4/19 7-7:45PM TBD

16+ \$24 Th 4/7-4/21 7-7:45PM TBD

## Pilates (Beginner):



This class is for the person who has never taken pilates or who is new to pilates (6 months or less). Benefits can include reduction in inches, lean muscle and increase of strength. Bring pilates mat, water and wear comfortable clothing.

16+ \$24 Th 1/13-1/27 6-6:45PM PMB

16+ \$32 Th 2/3-2/24 6-6:45PM PMB

16+ \$32 Th 3/3-3/31 6-6:45PM PMB

16+ \$24 Th 4/7-4/21 6-6:45PM PMB

## Pilates n More:



This class offers full body strengthening and development of your core muscles. The first ten minutes you will be immersed into the breathing techniques and proper alignment of the body. Following, beginner through intermediate exercises will focus and develop the abdominal, buttocks, legs, and upper body. Class will finishing up with deep cool down stretches for a complete relaxation of the body. Please bring a yoga mat and water.

S1 16+ \$36 MW 1/10-1/26 6:30-7:30PM TBD

S1 16+ \$18 S 1/15-1/29 8:00-9:00AM TBD

S2 16+ \$48 MW 2/7-3/2 6:30-7:30PM TBD

S2 16+ \$24 S 2/12-3/5 8:00-9:00AM TBD

S3 16+ \$48 MW 4/4-4/27 6:30-7:30PM TBD

S3 16+ \$24 S 4/9-4/30 8:00-9:00AM TBD

## Quickstart Tennis:



Quickstart tennis is a way for beginners to be more successful learning the basic skills in tennis. Through a safe, fun and knowledgeable program the City of Maricopa parks and recreation division offers recreational group tennis lessons for beginners that want to learn coordination, equipment knowledge, court etiquette and stroke development. Some of the things that quickstart offers to make your child more successful are different racquet sizes, smaller court sizes and foam balls. Experienced players will learn new shots to improve their game and overall footwork, such as approach shots, volley, and overhead.

5-7 \$42 S 2/5-3/12 8:30-9:30AM PP

5-7 \$42 S 3/26-4/30 8:30-9:30AM PP

5-7 \$42 Th 2/3-3/10 5:45-6:45PM PP

5-7 \$42 Th 3/24-4/28 5:45-6:45PM PP

8-10 \$42 S 2/5-3/12 9:45-10:45AM PP

8-10 \$42 S 3/26-4/30 9:45-10:45AM PP

8-10 \$42 W 2/2-3/9 5:45-6:45PM PP

8-10 \$42 W 3/23-4/27 5:45-6:45PM PP

5-7 \$42 S 2/5-3/12 11:00AM-12:00PM PP

5-7 \$42 S 3/26-4/30 11:00AM-12:00PM PP

## Snowplow Sam:



Beginning ice skating lessons - If your child is between the ages of 3 and 6 and has never skated before, this is the perfect class! Snowplow Sam classes are based on the U.S. figure skating basic skills program. Participants will be in a group setting with a qualified instructor and receive free public session and skate rentals the day of class.

Please note: this class will be held at the Coyote Center and you have to provide your own transportation.

S1 3-6 \$70 S 1/15-2/19 11:10-11:40AM CC

S2 3-6 \$70 S 3/5-4/16 11:10-11:40AM CC

## Special Stars:



This class is for those children of special needs or adaptation. This class will allow participants to socialize while learning basic sport skills. During our ten weeks, the students will have an opportunity to play volleyball, basketball, softball/t-ball and gymnastics. They may bring their provider or parent if needed.

6+ \$10 W 1/12-3/23 6:15-7:15PM TBD

## Stretch & Grow Kinder Fitness:



Kinder fitness is a physical education class. It incorporates many of the fabulous fun games from preschool adventure while introducing them to school age fun.

S1 5 \$40 M 2/7-3/7 3-3:30PM MDA

S2 5 \$32 M 3/21-4/11 3-3:30PM MDA

## Stretch & Grow Little Stars:



This is a creative movement and fitness class that provides lessons on how to live healthy lifestyles, exercise, play games, enhance language, and more. Children play with balls, exercise to stories and songs, participate in parachute activities, and games that help enhance gross motor skills.

S1 3 \$40 M 2/7-3/7 3:30-4PM MDA

S1 3 \$40 T 2/8-3/8 3:30-4PM MDA

S1 3 \$40 Th 2/10-3/10 3:30-4PM MDA

S2 3 \$32 M 3/21-4/11 3:30-4PM MDA

S2 3 \$32 T 3/22-4/12 3:30-4PM MDA

S2 3 \$32 Th 3/24-4/14 3:30-4PM MDA

## Stretch & Grow Preschool Adventure:



This is a physical education class that teaches children the importance of exercise, playing games and having fun. Children learn how to properly exercise by doing a warm up which is based on a literature story and phonetic awareness, aerobics, basic exercises, games, activities, stretches and cool down.

S1 4 \$40 T 2/8-3/8 3-3:30PM MDA

S1 4 \$40 Th 2/10-3/10 3-3:30PM MDA

S2 4 \$32 T 3/22-4/12 3-3:30PM MDA

S2 4 \$32 Th 3/24-4/14 3-3:30PM MDA

**Stretch N Grow:**

30-minute class where Tots and parents experience together fun equipment, songs, and games that help them develop their social, language, and gross motor skills while moving and exercising.

1.5-2 \$40 S 2/12-3/12 9-9:30AM TBD  
 1.5-2 \$40 S 3/26-4/16 9-9:30AM TBD  
 1.5-2 \$40 S 2/12-3/12 9:45AM-10:15AM TBD  
 1.5-2 \$40 S 3/26-4/16 9:45AM-10:15AM TBD

**Stroller Stride:**

Stroller Strides is a total fitness program that would meet any mother's fitness needs. If you are expecting, have a child in tow with you, or your children are school aged and you have a desire to get in shape this program is for you. Stroller Strides provides you with a full body workout which allows you to improve your endurance, strength and flexibility. All children that are attending Stroller Strides need to be in a stroller throughout class. Umbrella strollers are not recommended.

S1 18+ \$99 M-F 1/10-2/18 9-10AM PP  
 S1 18+ \$49 TTh 1/11-2/17 9-10AM PP  
 S2 18+ \$99 M-F 2/28-4/15 9-10AM PP  
 S2 18+ \$49 TTh 3/1-4/14 9-10AM PP

**Taekwondo - Little Kicks:**

This program is designed to teach 3 and 4 year olds the basic skills through fun and exciting martial arts games.

S1 3-4 \$45 F 1/14-2/18 6:15-6:45PM TBD  
 S2 3-4 \$45 F 3/4-4/15 6:15-6:45PM TBD

**Taekwondo:**

Learn one of the most popular martial art forms today from a 5th degree black belt instructor. Taekwondo does not only teach self-defense but is a great exercise that develops mental and physical discipline, coordination, self-confidence and personal growth.

S1 5+ \$65 F 1/14-2/18 6:45-7:45PM TBD  
 S2 5+ \$65 F 3/4-4/15 6:45-7:45PM TBD

**Tennis Level 1:**

Learn the skills of tennis through a safe, fun and knowledgeable program! This class offers recreational group tennis lessons for children with no previous experience that want to learn coordination, equipment knowledge, court etiquette and stroke development.

S1 11-17 \$42 M 1/31-3/7 7-8PM PP

S2 11-17 \$42 M 3/21-4/25 7-8PM PP

**Tennis Level 2:**

Build on the skills taught in level I. This class offers recreational group tennis lessons for children with previous experience that want to learn coordination, equipment knowledge, court etiquette and stroke development.

S1 11-17 \$42 Th 2/3-3/10 7-8PM PP

S2 11-17 \$42 Th 3/24-4/28 7-8PM PP

**Tennis Power Hour:**

Looking for a fun group activity with high energy? Then try this class where you will get a warm up, cardio workout and cool down while playing tennis. It is a great way to get in better shape and burn calories. Novice students will learn basic strokes, strategies and rules of the game in order to become proficient for match play.

S1 18+ \$42 M 1/31-3/7 5:45-6:45PM PP

S1 18+ \$42 W 2/2-3/9 8:30-9:30AM PP

S2 18+ \$42 M 3/21-4/25 5:45-6:45PM PP

S2 18+ \$42 W 3/23-4/27 8:30-9:30AM PP

**Tiny Tot Sport:**

Are you ready for a revolutionary sports experience? Our tiny tot sports program is a fun-filled six-week program. This class is designed to teach your little one the basic concepts of soccer, t-ball and basketball. No special equipment is needed other than a smile! A parent or guardian has to be present during the class. All participants receive a t-shirt.

S1 2-3 \$20 M 1/10-2/14 9-9:45AM PP

S1 3-4 \$20 T 1/11-2/15 9-9:45AM PP

S1 2-3 \$20 Th 1/13-2/17 9-9:45AM PP

S1 4-5 \$20 F 1/14-2/18 9-9:45AM PP

S2 2-3 \$20 M 2/28-4/11 9-9:45AM PP

S2 3-4 \$20 T 3/1-4/12 9-9:45AM PP

S2 2-3 \$20 Th 3/3-4/14 9-9:45AM PP

S2 4-5 \$20 F 3/4-4/15 9-9:45AM PP

**Walk Together:**

This class is designed for people who want to meet others. If you are new in the community or would like to meet new people, this is a great way to connect with others who share the same interest. Nutrition tips are available. Wear comfortable clothing, tennis shoes and bring water.

18+ \$15 S 1/15-1/29 8-9AM TBD

18+ \$20 S 2/5-2/26 8-9AM TBD

18+ \$20 S 3/5-4/2 8-9AM TBD

18+ \$15 S 4/9-4/23 8-9AM TBD

**Yoga (Beginner):**

This class is for the person who has never taken yoga or who is new to yoga (1 year or less). This is a gentle way to start yoga. Benefits can include stress reduction, flexibility and relaxation. Bring a yoga mat, water and wear comfortable clothing.

16+ \$27 T 1/11-1/25 8-8:55PM TBD

16+ \$27 Th 1/13-1/27 8-8:55PM TBD

16+ \$36 T 2/1-2/22 8-8:55PM TBD

16+ \$36 Th 2/3-2/24 8-8:55PM TBD

16+ \$36 T 3/1-3/29 8-8:55PM TBD

16+ \$36 Th 3/3-3/31 8-8:55PM TBD

16+ \$27 T 4/5-4/19 8-8:55PM TBD

16+ \$27 Th 4/7-4/21 8-8:55PM TBD

**Yoga for Seniors:**

This class is designed for ages 55 and older. Live longer and become stronger, gain flexibility and increase range of motion. Bring a yoga mat, water and wear comfortable clothing.

55+ \$21 T 1/11-1/25 6-6:45PM TBD

55+ \$28 T 2/1-2/22 6-6:45PM TBD

55+ \$28 T 3/1-3/29 6-6:45PM TBD

55+ \$21 T 4/5-4/19 6-6:45PM TBD

**Zumba 4 Kids:**

Zumba for Kids is a Latin inspired dance-fitness class that incorporates Latin and international music and dance movements with the popular trends of hip hop and pop. This class will teach your child the benefit of exercise and movement. Best of all, the dance atmosphere will show them that exercise is fun!

S1 7-12 \$35 S 1/15-2/19 10:15-11AM TBD

S2 7-12 \$35 S 3/19-4/23 10:15-11AM TBD

**Zumba:**

Zumba is a Latin-inspired, dance-fitness class that incorporates Latin and international music and dance movements. This class format combines fast and slow rhythms that tone and sculpt the body in a high impact aerobic/fitness fashion to achieve a unique blended balance of cardio and muscle-toning benefits. Be prepared for an hour of non-stop dancing in a party-like environment. All levels welcome.

S1 16+ \$35 F 1/14-2/25 5:15-6:15AM DSPA  
S1 16+ \$50 TTh 1/11-2/24 6:30-7:30PM TBD  
S2 16+ \$50 TTh 3/1-4/21 6:30-7:30PM TBD  
S1 16+ \$35 F 3/4-4/22 5:15-6:15AM DSPA  
S1&2 16+ \$90 TTh 1/11-4/21 6:30-7:30PMTBD  
S1&2 16+ \$60 F 1/14-4/22 5:15-6:15AM DSPA

### Zumba Tone:



Zumba Tone is a part of the dance-fitness class Zumba, that incorporates Latin and international music and dance movements with light weights, 1 to 2 lbs. This class format combines fast and slow rhythms that tone and sculpt the body in a high impact aerobic/fitness fashion to achieve a unique blended balance of cardio and muscle-toning benefits. Zumba Tone uses Tone Sticks that are 1.5 pound weights. It is recommended that participants in Tone use Tone sticks. Weights and sticks not included. All levels welcome.

S1 16+ \$35 M 1/10-2/21 7:30-8:30PM DSPA  
S2 16+ \$35 M 2/28-4/18 7:30-8:30PM DSPA  
S1&2 16+ \$60 M 1/10-4/18 7:30-8:30PM DSPA

## DANCE & GYMNASTICS

### Creative Movement:



This is a fun class that introduces boys and girls into the wonderful world of dance and movement. Students will be introduced to the basics of ballet and jazz, have an opportunity to play with instruments, use fun props, and tumble on tumbling mats. This class helps students adjust to a class room group/instructor atmosphere without mom or dad in the room.

2-3 \$53 W 1/12-2/16 9-9:45AM MDA  
2-3 \$39 W 3/2-3/30 9-9:45AM MDA  
2-3 \$39 W 4/6-4/27 9-9:45AM MDA

### Fairy Tale Ballet:



This class will introduce the basic steps to ballet. Students will begin at the barre, then continue class in the center and do movemetns across the floor to Disney Princess music and Fairy Tale classical music. Students will have the opportunity to make up their own dance moves and be creative at the end of class. Students are recommended to wear any color leotard with or without a skirt, pink tights, and pink ballet shoes. Attire is not included in the registration fee but is optional.

5-7 \$53 S 1/15-2/19 10-11AM MDA

5-7 \$39 S 3/5-4/2 10-11AM MDA  
5-7 \$39 S 4/9-4/30 10-11AM MDA

### Gymnastics:



Non-experienced gymnasts will learn all the basics of gymnastics, including use of equipment from certified instructors in our fully equipped gym.

7-18 \$43 T 1/11-1/25 4:15-5PM SSM  
7-18 \$43 T 1/11-1/25 5-5:45PM SSM  
7-18 \$43 Th 1/13-1/27 4:15-5PM SSM  
7-18 \$43 Th 1/13-1/27 5-5:45PM SSM  
7-18 \$53 T 2/1-2/22 4:15-5PM SSM  
7-18 \$53 T 2/1-2/22 5-5:45PM SSM  
7-18 \$53 Th 2/3-2/24 4:15-5PM SSM  
7-18 \$53 Th 2/3-2/24 5-5:45PM SSM  
7-18 \$53 T 3/1-3/29 4:15-5PM SSM  
7-18 \$53 T 3/1-3/29 5-5:45PM SSM  
7-18 \$53 Th 3/3-3/31 4:15-5PM SSM  
7-18 \$53 Th 3/3-3/31 5-5:45PM SSM  
7-18 \$53 T 4/5-4/26 4:15-5PM SSM  
7-18 \$53 T 4/5-4/26 5-5:45PM SSM  
7-18 \$53 Th 4/7-4/28 4:15-5PM SSM  
7-18 \$53 Th 4/7-4/28 5-5:45PM SSM

### Mini Princess Hip Hop/Tricks



In this class students will learn basic hip hop steps, hip hop combinations and some hip hop tricks. They will be dancing to popular, clean upbeat music. Students need to wear comfortable clothing and sneakers.

7-9 \$53 S 1/15-2/19 11AM-12PM MDA  
7-9 \$39 S 3/5-4/2 11AM-12PM MDA  
7-9 \$39 S 4/9-4/30 11AM-12PM MDA

### Parent & Star:



Bond with your child through gymnastics! USA certified instructors will explore the vault, bars, beams, floor, rings, trampoline and much more with parents and children. Note: your child must be able to walk on their own to participate in this class.

1-3 \$36 M 1/10-1/24 9-9:30AM SSM  
1-3 \$36 T 1/11-1/25 9-9:30AM SSM  
1-3 \$36 Th 1/13-1/27 9-9:30AM SSM  
1-3 \$48 M 1/31-2/21 9-9:30AM SSM  
1-3 \$48 T 2/1-2/22 9-9:30AM SSM  
1-3 \$48 Th 2/3-2/24 9-9:30AM SSM  
1-3 \$48 M 2/28-3/28 9-9:30AM SSM  
1-3 \$48 T 3/1-3/29 9-9:30AM SSM  
1-3 \$48 Th 3/3-3/31 9-9:30AM SSM  
1-3 \$48 M 4/4-4/25 9-9:30AM SSM

1-3 \$48 T 4/5-4/26 9-9:30AM SSM  
1-3 \$48 Th 4/7-4/28 9-9:30AM SSM

### Shooting Stars:



Boys and girls will develop strength, flexibility, and coordination alongside certified instructors with the vault, bars, beam, floor, rings, and trampoline.

5-6 \$43 T 1/11-1/25 4:15-5PM SSM  
5-6 \$43 Th 1/13-1/27 4:15-5PM SSM  
5-6 \$53 T 2/1-2/22 4:15-5PM SSM  
5-6 \$53 Th 2/3-2/24 4:15-5PM SSM  
5-6 \$53 T 3/1-3/29 4:15-5PM SSM  
5-6 \$53 Th 3/3-3/31 4:15-5PM SSM  
5-6 \$53 T 4/5-4/26 4:15-5PM SSM  
5-6 \$53 Th 4/7-4/28 4:15-5PM SSM

### Tiny Tot Combo:



Students learn how to work in a group setting without mom or dad and do half hour of tap and a half hour of ballet

3-5 \$53 S 1/15-2/19 9-10AM MDA  
3-5 \$39 S 3/5-4/2 9-10AM MDA  
3-5 \$39 S 4/9-4/30 9-10AM MDA

### Tumble Stars:



When introducing gymnastics to children, our main goal is for them to have fun as they learn the core physical concepts of flexibility, balance and agility.

3-4 \$43 M 1/10-1/24 10-10:45AM SSM  
3-4 \$43 T 1/11-1/25 10-10:45AM SSM  
3-4 \$43 Th 1/13-1/27 10-10:45AM SSM  
3-4 \$43 Th 1/13-1/27 5-5:45PM SSM  
3-4 \$53 M 1/31-2/21 10-10:45AM SSM  
3-4 \$53 T 2/1-2/22 10-10:45AM SSM  
3-4 \$53 Th 2/3-2/24 10-10:45AM SSM  
3-4 \$53 Th 2/3-2/24 5-5:45PM SSM  
3-4 \$53 M 2/28-3/28 10-10:45AM SSM  
3-4 \$53 T 3/1-3/29 10-10:45AM SSM  
3-4 \$53 Th 3/3-3/31 10-10:45AM SSM  
3-4 \$53 Th 3/3-3/31 5-5:45PM SSM  
3-4 \$53 M 4/4-4/25 10-10:45AM SSM  
3-4 \$53 T 4/5-4/26 10-10:45AM SSM  
3-4 \$53 Th 4/7-4/28 10-10:45AM SSM  
3-4 \$53 Th 4/7-4/28 5-5:45PM SSM

### Tumble Tots:



This class is for adventurous children that are able to be seperated easily from their parents to explore gymnastics in a fun and safe environment with a safety certified instructor in toddler-kinder gymnastics.

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2	\$36	M	1/10-1/24	9:30-10AM	SSM
2	\$36	T	1/11-1/25	9:30-10AM	SSM
2	\$36	Th	1/13-1/27	9:30-10AM	SSM
2	\$48	M	1/31-2/21	9:30-10AM	SSM
2	\$48	T	2/1-2/22	9:30-10AM	SSM
2	\$48	Th	2/3-2/24	9:30-10AM	SSM
2	\$48	M	2/28-3/28	9:30-10AM	SSM
2	\$48	T	3/1-3/29	9:30-10AM	SSM
2	\$48	Th	3/3-3/31	9:30-10AM	SSM
2	\$48	M	4/4-4/25	9:30-10AM	SSM
2	\$48	T	4/5-4/26	9:30-10AM	SSM
2	\$48	Th	4/7-4/28	9:30-10AM	SSM

**Tumbling:**

This class will work on all the requirements to obtain a back-handspring, round off, and front-handspring safely.

10-18	\$43	Th	1/13-1/27	5:45-6:30PM	SSM
10-18	\$53	Th	2/3-2/24	5:45-6:30PM	SSM
10-18	\$53	Th	3/3-3/31	5:45-6:30PM	SSM
10-18	\$53	Th	4/7-4/28	5:45-6:30PM	SSM

**Tumbling & Trampoline:**

In this class the students will learn the basic skill of tumbling, summersaults and flipping. Class will be utilizing double mini, mini trampolines, Australian trampoline and tumble track. Please note: this class is held in Chandler; you will need to provide your own transportation to classes.

5-18	\$43	S	1/15-1/29	12-12:55PM	AKSC
5-18	\$53	S	2/5-2/26	12-12:55PM	AKSC
5-18	\$53	S	3/5-4/2	12-12:55PM	AKSC
5-18	\$53	S	4/9-4/30	12-12:55PM	AKSC

**Tween / Teen Dance Mix:**

This class is for boys and girls and introduces teenagers and tweens to various forms of dance. The first 3 weeks of the session will be a 1/2 hour of Ballet and 1/2 hour of Jazz and the next 2 weeks will include a 1/2 hour of Hip Hop and a 1/2 hour of Ballroom or Tap. Students will learn a short routine for each dance form. This will be a fun and active class that keeps students moving and engaged in learning new things. At the end of the session students will have the opportunity to evaluate the class and choose their favorite dance form they would most likely continue to do to help develop a strong tween/teen dance program for the City.

10-15	\$53	W	1/12-1/26	6:30-7:30PM	MDA
10-15	\$39	W	3/2-3/30	6:30-7:30PM	MDA
10-15	\$39	W	4/6-4/27	6:30-7:30PM	MDA

## ART & MUSIC

**Basic Drawing Techniques: Using Watercolors:**

Beginner watercolor class that introduces basic watercolor technique and artwork of well-known impressionist and post-impressionist artists. This class is being offered in partnership with Central Arizona Collage (CAC). Students will need to purchase own supplies required for the class.

18+	\$36	S	4/16-4/23	9AM-12PM	CAC
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**Basic Drawing Techniques: Brush & Ink**

Beginning drawing class that introduces ink and brush drawing technique. Famous artists that have used this technique will be discussed. Student will need to purchase own supplies required for the class. This class is offered in partnership with Central Arizona College (CAC).

18+	\$25	S	2/19	9AM-12PM	CAC
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**Children's Decorative Painting:**

Experience the fun and joy of putting your creative painting design on various projects that you get to make and take home. The 4 week course will offer 2 separate pre-designed projects that will be supplied, along with all the materials necessary to develop your own personal treasures.

5-10	\$28	M	1/10-1/31	6:15-7:15PM	TBD
5-10	\$28	M	2/7-2/28	6:15-7:15PM	TBD
5-10	\$28	M	3/21-4/11	6:15-7:15PM	TBD

**Fabulous Faux for Boring Walls:**

A professional faux painter shares her years of experience and secret tricks of the trade allowing you to create your own mouth-dropping walls. Her dual-roller method quickly creates a variety of looks- suede, marble, granite, southwest rustic or old world Tuscan. Learn the secret for creating perfect edges, how to rescue a wall from disaster, how to make your own glaze and more.

18+	\$49	M	3/21	6-8:30PM	TBD
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**Just Once Guitar:**

Have you ever wanted to learn how to play the guitar but simply find it difficult to make the time? In just a few hours you can learn

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enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away.

11+	\$49	T	3/29	6:30-9PM	TBD
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**Just Once Piano:**

You don't need years of weekly lessons to learn how to play piano. In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. You will learn all the chords you'll need to play any song. If you can find middle C and know the meaning of Every Good Boy Does Fine, you know enough to enroll in this workshop.

18+	\$49	M	3/21	6:40-9:40PM	TBD
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**Mixed Media Still Life Art:**

Mixed media art class using ink, charcoal or Conte Crayon to create still life artwork. Student will need to purchase own supplies required for the class. This class is offered in partnership with Central Arizona College (CAC).

18+	\$25	S	2/26-3/5	1-3PM	CAC
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**Oil Acrylic Painting:**

Painting course introducing students to composition, form, and color using oil and acrylic paints. Student will need to purchase own supplies required for the class. This class is offered in partnership with Central Arizona College (CAC).

18+	\$25	S	4/2-4/9	12-2PM	CAC
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## GENERAL INTEREST

**Basic Digital Photography:**

Basic digital photography with tips on lighting and terminology. This class is designed for novices and those who desire to expand their photography skills. Students must provide their own digital camera. This class is offered in partnership with Central Arizona College (CAC).

18+	\$37	S	3/5-3/12	9AM-12PM	CAC
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**Beginner Quilt Making:**

Learn the basics of quilt making while making a quilt using the latest quick cutting techniques and machine piecing skills. Everything from fabric selection to binding the finished quilt will be covered in this class. This class is offered in partnership with Central Arizona College (CAC). Students will need to purchase own supplies required for the class.

18+ \$25 S 3/19-3/26 12-2PM CAC

**Cake Decorations 101: The Basic Layered Cake**

Decorate your layered cake and eat it too! Learn the Wilton method of cake decorating including leveling, borders, flowers, and writing. This class is offered in partnership with Central Arizona College (CAC). Students will need to purchase own supplies required for the class.

18+ \$25 S 2/5 9AM-12PM CAC

**Cake Decorating 102: The Basic Character Cake**

Decorate your cake and eat it too! Learn the star techniques for creating a Wilton character cake decorated working with a star tip and borders along with techniques of leveling, flowers, and writing. This class is offered in partnership with Central Arizona College (CAC). Students will need to purchase own supplies required for the class.

18+ \$25 S 2/12 9AM-12PM CAC

**Classic Cinema Club:**

Watch classic American movies from the 70s, 80s and early 90s. Space is limited so you must register in advance; on-site registration will not be allowed. The cost is \$2 per movie. Your receipt is your ticket into the show! For more information or movie selections, please contact Rocky Brown at 520/316.6835 or rocky.brown@maricopa-az.gov or visit maricopa-az.gov.

12-18	\$2	F	12/17	7-9:00PM	MPL
12-18	\$2	F	1/28	7-9:30PM	MPL
12-18	\$2	F	2/25	7-9:00PM	MPL
12-18	\$2	F	3/25	7-9:30PM	MPL
12-18	\$2	F	4/22	7-9:30PM	MPL
12-18	\$2	F	5/20	7-9:30PM	MPL
12-18	\$2	F	6/17	7-9:00PM	MPL
12-18	\$2	F	7/22	7-9:30PM	MPL
12-18	\$2	F	8/26	7-9:30PM	MPL

**Digital Scrapbooking for Beginners:**

Learn how to create digital storybooks of your favorite photos using digital software templates. Student will need to purchase own supplies required for the class. This class is offered in partnership with Central Arizona College (CAC).

18+ \$25 S 4/2 8:30-10:30AM CAC

**Facebook and Twitter for Busy People:**

A year ago, most people had never heard the names Facebook, MySpace, LinkedIn, Twitter or the term blogging. If you want to learn the basics of social networking, this class is for you. You will be online with your children, old friends and new friends before you know it. You will learn the basics of Facebook and Twitter, including how to register, log on, and the most popular aspects of each. No longer will you be left out of online conversations because you don't know the difference between "Tweeting" and "Writing on the wall." You will also learn things to watch out for like potential identity theft. Workbook and practice DVD is included.

18+ \$49 W 2/2 6:30-9PM TBD

18+ \$49 W 4/27 6:30-9PM TBD

**Introduction to Oil Painting for Beginners:**

This is an Introduction to Oil on Canvas Painting. The purpose of the class is to present techniques and methods so you can paint fantastic landscape scenes right away. This is a Hands-On Class where you will be painting your first painting from the first class. So come ready to dive right in and paint. You should wear old clothing or a full apron as oil painting could get a little messy. What you will need for the class is: 1 or 2 Canvases (Stretched or Board) about 20"x24" or so, Portable Table-Top Easel, Oil Paint Set, Brushes and Pallet Knife, Odorless Paint Thinner and a Pallett (Clipboards can substitute for a pallet). You should also look at getting a Fan Brush, and 1 1-inch, 2-inch Normal Painters Brush. During the classes, you will learn about Color, Composition, Structure, Method of applying paints to achieve different effects.

18+ \$80 T 1/11-1/25 6:15-8:15PM TBD

18+ \$150 T 1/11-2/15 6:15-8:15PM TBD

**Kids Photography:**

Has your child tried to take your camera away

from you because they want to take their own picture? If yes, then sign them up for this class. We will focus on the basic skills of photography in a fun hands-on environment. Class fee includes camera and prints.

8-12 \$45 T 2/8-2/22 6:30-7:30PM TBD

8-12 \$45 T 4/12-4/26 6:30-7:30PM TBD

**Learn About Wildlife:**

Pinal Wildlife Rescue is the rehabilitation and release of native Arizona wildlife which has been injured or orphaned. We take any type of wildlife and if it is an animal or bird that we are not qualified to care for, we transport that animal to a qualified rehabilitator. In this class we will present educational animals and birds such as hawk, owls, falcons, mammals and reptiles.

5+ \$5 W 1/26 6:15-7:15PM TBD

5+ \$5 W 2/16 6:15-7:15PM TBD

5+ \$5 S 4/9 10-11AM TBD

**Photography Workshop #1: Photography Basics:**

Photography Basics. Do you wonder what those little buttons are on your camera? This workshop will walk you step by step on aperture, shutter speed, ISO, White Balance, and much more! At the end of this workshop, you will be able to use your camera to its fullest capability.

18+ \$25 F 2/4 6-8PM CH

**Photography Workshop #2: Composition Matters:**

Taking a great photo is more than lifting up your camera and taking a shot. In this workshop, you will learn how to achieve the best exposure, rule of thirds, family/ group arrangements, black and white photography, and how to use your aperture for creative effects. This workshop will take you to the next level!

18+ \$25 F 2/11 6-8PM CH

**Photography Workshop #3: Practice at the Park**

In this workshop, you will apply the principles regarding camera functionality, composition, and lighting. You will be given a series of assignments which will take you step by step. These include varying your shutter speed and aperture to achieve the best exposure, using depth of field to get creative effects,

and applying the principles of composition. Your photos will be evaluated during the workshop.

18+ \$25 F 2/18 6-8PM CH

### Quilt Making: T-Shirt Quilt:



Learn the basics of quilt making while making a quilt from old t-shirts using the latest quick cutting techniques and machine piecing skills. This class is offered in partnership with Central Arizona College (CAC). Students will need to purchase own supplies required for the class.

18+ \$25 S 4/9-4/16 12-2PM CAC

### Sold - An Introduction to Ebay:



Turn your hobby into a small business and supplement your income from home. This course will help you understand the process behind selling on eBay. This class is offered in partnership with Central Arizona College (CAC).

18+ \$25 S 2/26-3/5 12-2PM CAC

### Troubleshooting Your Computer

(Beginners):



The home user will be able to diagnose and troubleshoot their own computer problems. The class is designed to inform the home computer user so that if they do need additional help From a "qualified technician" they wont get "ripped" off. Each attendee can bring in their own computer to work on. You will also get the basics on how to troubleshoot Microsoft windows issues.

16+ \$60 M 1/10-1/24 6:30-8:30PM TBD

## TRAINING, EDUCATION & CERTIFICATIONS

### Child And Babysitting Safety:



Students learn how to manage illness and injuries in the first few minutes until professional help arrives. Class includes general principles, medical/injury emergencies, adult/child/infant CPR/AED training. Each student who passes the class will receive an American Heart Association card, valid for two years.

15+ \$45 S 2/12 9AM-4PM TBD

15+ \$45 S 4/9 9AM-4PM TBD

### Creating Business Presentation and

Materials:



Learn the basics of PowerPoint to create professional presentations such as a slide show, overheads, and advertizing for your business. In Part II, learn how to create professional-looking newsletters, bulletins, business cards, and flyers in Publisher. This class is offered in partnership with Central Arizona College (CAC).

18+ \$25 S 4/23-4/30 12-2PM CAC

### Developing a Budget on a Spreadsheet:



Create a personal budget while learning basic spreadsheet techniques, such as formatting, creating formulas, range editing, functions and much more. This class is offered in partnership with Central Arizona College (CAC).

18+ \$25 S 2/19 12-3PM CAC

### Dog Obedience Training (Level 2):



Refine the obedience skills of your dog in this class. Work on sits, downs and stays both on and off lead. Work on a quick recall and down during the recall. Introduce distractions and dog attention, sit politely for petting and continued Socialization. Optional: AKC Canine Good Citizen test will be offered at the end of the class and evaluation to become a Certified Therapy Dog with KPETS. Dog has to be 1 year or older. Please bring proof of current rabies vaccination and state licence.

16+ \$40 W 1/12-2/2 6-7PM TBD

16+ \$40 W 2/9-3/2 6-7PM TBD

16+ \$40 W 3/9-3/30 6-7PM TBD

16+ \$40 W 4/6-4/27 6-7PM TBD

### Dog Obedience Training (Puppy Kindergarten):



Refine the obedience skills of your dog in this class. Work on sits, downs and stays both on and off lead. Work on a quick recall and down during the recall. Introduce distractions and dog attention, sit politely for petting and continued Socialization. Optional: AKC Canine Good Citizen test will be offered at the end of the class and evaluation to become a Certified Therapy Dog with KPETS. Dog has to be 1 year or older. Please bring proof of current rabies vaccination and state licence.

16+ \$40 W 1/12-2/2 10:30-11:30AM TBD

16+ \$40 W 2/9-3/2 10:30-11:30AM TBD

16+ \$40 W 3/9-3/30 10:30-11:30AM TBD

16+ \$40 W 4/6-4/27 10:30-11:30AM TBD

### Heartsaver First Aid with CPR/AED:



Students learn how to manage illness and injuries in the first few minutes until professional help arrives. Class includes general principles, medical/injury emergencies, adult/child/infant CPR/AED training. Each student who passes the class will receive an American Heart Association card, valid for two years.

15+ \$45 S 2/12 9AM-4PM TBD

15+ \$45 S 4/9 9AM-4PM TBD

### Intermediate Computer Skills:



The student will get into more intermediate and advanced processes of software applications such as Microsoft Word, Microsoft Excel, and Microsoft PowerPoint. Advanced web searches, email usage, and other Internet-based applications will be examined. This class will be driven by student questions and participation. This class is offered in partnership with Central Arizona College (CAC).

18+ \$36 S 2/12-2/26 8-10AM CAC

### Introduction to Document Version Control:



The student will get into more intermediate and advanced processes of software applications such as Microsoft Word, Microsoft Excel, and Microsoft PowerPoint. Advanced web searches, email usage, and other Internet-based applications will be examined. This class will be driven by student questions and participation. This class is offered in partnership with Central Arizona College (CAC).

18+ \$25 S 2/12-2/19 10:30AM-12:30PM CAC

### Strategies for Difficult Conversations:



Coping strategies for dealing with difficult conversations, including selecting "what works for you" based on your strengths and avoiding blind spots and turnoffs. Gain confidence when engaged in difficult conversations with a boss, spouse, children and friends.

18+ \$25 S 4/9 9-11AM CAC

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# Questions?

## Contact Us...

### Contact Community Services 520.316.6962

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## Maricopa Public Library

T, Th, F, S 9am-5pm  
M, W 11am-7pm  
Su closed

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## Looking Ahead

at the Recreation Calendar

### Winter / Spring Session

Registration: November 1 through December 9

Classes: January 10 through April 24

### Spring / Summer Session

Registration: March 28 through April 29

Classes: May 16 through August 28

### Fall / Winter Session

Registration: July 25 through August 26

Classes: September 12 through December 9

